



APPENDIX 'B'

EMERGENCY ACTION PLAN (REVISED 2019-07-26)

CLOSEST MEDICAL FACILITIES

From <http://www.rescatesc.com> –

RESCATE provides emergency first aid and ambulance service to San Carlos residents and visitors. The EMTs and first responders are available 24 / 7, and are professionally trained in advanced and basic life support, CPR, first aid, and special rescue and transportation techniques.

Rescate owns three ambulances and has a new purpose-built infirmary which includes four well equipped emergency first-aid treatment rooms. We are an urgent / emergency care facility and not a medical clinic. A doctor is always on call for a fee or patients can be directed to a physician of their choice. Emergencies beyond the abilities of Rescate are normally transported immediately to a hospital in Guaymas.

In case of emergency dial: U.S. or Canada cell phone 011-52-622-226-0911

ON-THE WATER EMERGENCIES –

- In the event of an on-the-water emergency, competitors will immediately notify the Race Committee via the event **CHANNEL 72**
 - o State the nature of the emergency; provide any possible useful information on the type of aid needed (wound, injury to bones, muscles, joints or sudden illness, consciousness, etc.) and if the injured person is in the water.
 - o Give your best assessment of the seriousness of the injury or illness as either: Non-Life Threatening Emergencies ----OR ---- Life Threatening Emergencies: i.e., stoppage of breathing, severe bleeding, heart attack, spinal injury, heat stroke or seizure.
 - o Advise if transport may be needed.
- The Race Committee will coordinate rescue and any required transport of injured or ill parties from the race course to the Fuel Dock at Marina San Carlos. Intent will be to contact Rescate and have them meet the ill or injured party there.
- If the parties cannot reach the Race Committee, they shall contact the Rescate directly, and make efforts to head to the Fuel Dock at Marina San Carlos.
- **If none of these efforts are successful, and only then, competitors shall call for assistance on VHF-16 Emergency Channel**

ON-SHORE EMERGENCIES –

- Contact Rescate directly.

Marina San Carlos to Cruz Roja San Carlos - Google Maps

Google Maps Marina San Carlos to Cruz Roja San Carlos

Drive 1.9 km, 4 min

